

A PAGE DEVOTED TO WOMAN'S BEST INTERESTS

The Vogue of Checks

What Smartly Gowned Children are Wearing This Season

This black and white checked coat. The rather deep cuffs are also of the moire.

Sailor suits this season follow the lines laid down for them ever since this costume first dawned on the sartorial horizon. Except in the materials used in their makeup there is nothing new, but the checked sailor model leads all the rest this summer, both for boys and girls. The sturdy little man whose picture is to be seen among the cuts is wearing a sporty little sailor suit of brown and white check. And you will observe that his hat is made from a piece of the checked material and that emblems like those used on the sleeves of the blouse adorn the hatband of this small Beau Brummel. And in connection with hats, what do you think of the smart chapeau worn by the girl in the picture? Miss Tallor Made's chapeau is of pale tan straw, faced with shirred point d'esprit of a paler tone. This net is used for the ruche around the crown in conjunction with a dainty wreath of pink button roses. The sailor girl's hat is one of the smart basin shapes in royal blue rough straw. The Alsatian bow of wide blue ribbon is hemmed on each edge with a bias band of striped blue and white silk, and a huge straw buckle finishes the creation.

When the Lamp Is Lit



MUSINGS OF ELINOR HITE

THE girl who makes friends is delightful. She comes into a room like a sea breeze—fresh, laughing, nodding right and left with happy impartiality. She is ready for anything and never throws cold water on your plans. She generally sees the funny side of things, and she has such a whole hearted way of describing them that you feel that you have seen them yourself. She does not retail gossip, though, and she does not know how to be spiteful or sarcastic or bitter, and she never exaggerates to produce an impression. She likes everybody and does not think of suspecting people of evil until they have proved themselves unworthy of her opinion. She prefers to consider the world good and honest until it has proved itself otherwise. She always gets along, for she has friends everywhere. And her heart is big enough to contain everybody, and she never forgets her friends, nor do they forget her.

CATHERINE TALBOT.

How to Keep the Children Well

IF you want to avoid worry in the nursery learn to keep your children well," says a noted physician who makes a specialty of the treatment of children's diseases. Half the trouble in rearing a family, said this specialist in an interview recently, comes from sickness in the nursery. Sickly children, poor little things, are a constant source of worry to themselves, to their brothers and sisters and, above all, to their mothers.

of indigestible food, but that a pain in the ear should come from such a cause would seem absurd to them, and yet it does. Convulsions are more often caused by indigestible food in the stomach of an infant than by anything else. The fact is that in early childhood there is an intense sympathy between the nerves of the stomach and those of the brain and head generally. Irritate the first and one or more of the others resent the irritation and show their resentment by pain of one kind or another.

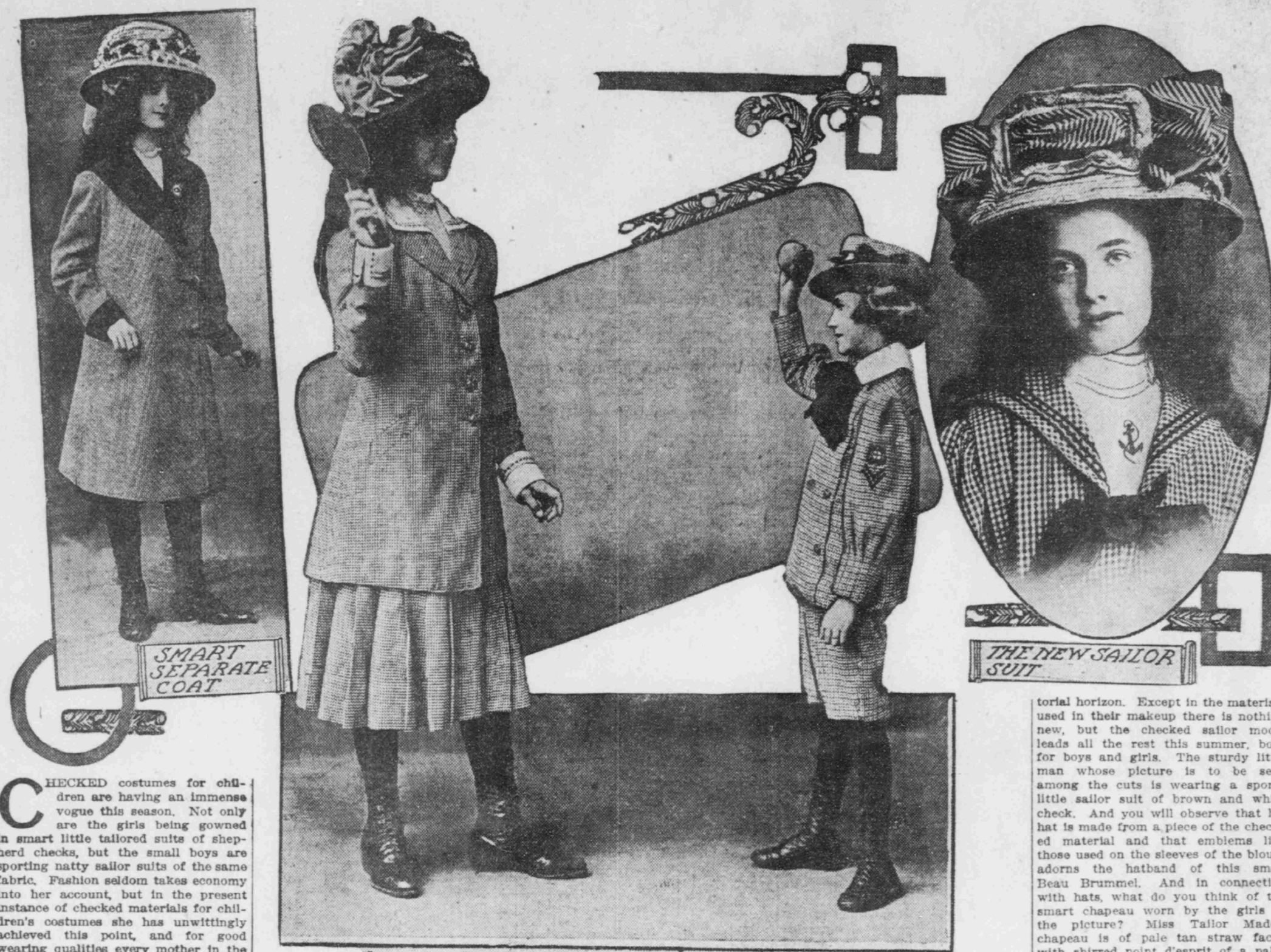
Squabbling, peevishness, bad temper, screaming, obstinacy, sulkingness, backwardness, perversity, are more often the outcome of want of health than an evidence of wickedness. A nursery full of really healthy children will no doubt be a noisy place, but it is the rarest thing to find a really healthy child ill humored. When fun is conspicuous by its absence in the nursery the doctor is much more needed than the birch rod, and the mother and nurse who recognize the truth of this will see that it is much wiser to study how to keep the children well than to carry on a constant system of scolding and punishing them for their tempers and tantrums.

But when this point is recognized there is another difficulty to face—the choosing of the right kind of food for the individual child. It is not so difficult a matter, but it is one that requires some care and thought, for—mark this—you cannot lay down any cut and dried "rule of thumb" set of directions for feeding children that will suit all children alike.

The lesson of how to keep them well, however, is not one to be learned in a day—far from it. It requires a lot of experience to know how to keep children well, and young mothers often have to buy this experience at a high price.

In later life the boy became very deaf. No doubt his ear was a weak part of his anatomy and resented more quickly than any other spot in his economy the irritation set up in his digestive organs. For other children apple dumplings was an excellent form of nourishment, but not for him. The mother who would keep her children well must therefore pay some regard to the special requirements of each individual child.

DAPHNE DEAN.



STYLISH EFFECTS IN CHECKED COSTUMES

CHECKED costumes for children are having an immense vogue this season. Not only are the girls being gowned in smart little tailored suits of shepherd checks, but the small boys are sporting natty sailor suits of the same fabric. Fashion seldom takes economy into her account, but in the present instance of checked materials for children's costumes she has unwittingly achieved this point, and for good wearing qualities every mother in the land will give the palm to checker-board effects. The modish little suit for a girl of ten or twelve to be seen among the illustrations is of green and white check serge, which is rather more unusual, as far as the color scheme is concerned, than the many other combinations. The skirt is made with groups of three plaits alternating with plain panels the same width as the plaits. The coat is of the

present fashionable length—that is, reaching a trifle above the knee line. It is semifitting and fastens with imitation jade buttons. Drawn work collar and cuffs of cream colored scrim make a becoming finish for this neat little jacket. A word in passing about coat lengths. They vary in the small girl's model, just as they do in those

of grownup girls' coats, from hip length to a drop that may be distinctly called three-quarter, but, whatever the length, a long, narrow opening of the front of the coat is a feature everywhere. The only variation from type is found in the smallest of revers. The long separate coat pictured is one of the most useful wraps a girl

can have in her wardrobe. It comes in handy for automobilizing to protect the dainty linen or gingham gown from dust and is the proper weight for protection when the breezes blow at the seashore or in the mountains. And for cool days at home this coat will be found just the thing. The shawl collar of moire silk is a smart feature on

Latest flying Costume for Women

THE costume which is sure to be taken up by women aviators is composed of a skirt with very full trousers which may be converted into a walking or automobile skirt. The coat is high necked, and the blouse is held snugly at the waist with a patent leather belt. The material is broadcloth in a serviceable shade of mole color.

The aeroplane figure, too, is the fashion, and the pupils are put through a course of gymnastic exercises that would make any but a hardened athlete shrink. But women will go to any length of discomfort to acquire personal grace or beauty. Among the instruments of torture that she will cheerfully wear during the sleeping hours are finger tips. These beautifiers of the digits consist of metal contrivances that fit



THE FAMOUS DRESS OF MOLE BROADCLOTH.

loneable one of the hour, and classes are in progress in New York city to acquire this silhouette. The woman who is conducting a class of this kind went through a special course of instruction in Paris. She admits it took her six months of the hardest work to gain the conspicuously tall, slim and graceful appearance that is now her best advertisement. Chin straps, rubber jackets and patent tips for tapering the ends of the fingers are among the mechanical instruments

over each finger and are put on with a spring attachment. Lovely, long tapering fingers are supposed to result from a nightly application of these tips. The woman who "files" will be interested in knowing that her hair may be curled by electricity and keep its wave for six months. Weather does not affect this manufactured curl, nor shampoo either. All one wants to acquire the curl is a large amount of vanity, lots of patience and a good fat check.



Spring Candies

Maple Sugar Makes the Most Delicious Bonbons

REAL maple sugar is such a delicious sweet in itself that it seems like painting the lily to boil it down with cream and nuts or to turn it into a fondant, but those who want to do so may find the following recipes useful: For a maple fondant take three cups of maple sirup, two of cane sugar and half a teaspoonful of cream of tartar. Boil this mixture until it forms a thread an inch long when dipped from a spoon. Then pour it into a buttered pan and let it stand for twenty minutes. At the end of this time beat it with a fork until it thickens. Turn the mass out on a buttered platter and treat it like ordinary fondant, then use in any way desired. Balls of the fondant may be pressed between halves of nuts or rolled in fresh grated cocoanut or squares of it may be dipped in melted chocolate.

Maple Bonbon.—This delicious sweet calls for two big cups of broken maple sugar and a scant cupful of rich milk or cream boiled together until a little hardens when stirred in a cold saucer. When this stage is reached add some chopped nut meats, butter-nuts or pecan nuts preferred, and pour the mixture into buttered pans after beating until it begins to thicken. When cold cut into squares. This also makes a nice cake filling if spread over cake before it becomes too hard. Beat one cupful of maple sirup and one egg together. Add one scant cupful of sour cream, one-half teaspoonful of ginger, a level teaspoonful of soda, a saltspoonful of salt and two and one-half cups of flour. Beat altogether thoroughly and bake in a rather cool oven. Boil a pint of milk in a double boiler. Mix three beaten egg yolks with a cupful of milk, then stir into the hot milk. Melt a cupful and a half of maple sugar or take the sirup, add to the thickened milk and take from the fire. Add a pint of rich cream and when cool freeze.

NEW USE FOR PAJAMAS. In a family where the mother and daughters live alone the housekeeper has a fashion of donning pajamas while preparing breakfast and doing her morning work. "I do not like the garments to sleep in," she says, "but for wear around the house they are ideal. There is nothing to catch dirt and no danger from flaring cloth catching in the fire, and, in fact, I move more freely than when encumbered with skirts and other paraphernalia of usual clothing." This woman's idea certainly has much to recommend it, for certain pajamas are preferable to kimonos to work in. Pajamas are easily made, and nearly all pattern companies put out the patterns, or they may be purchased ready to wear at reasonable prices. So pajamas let it be for working clothes about the house.

USES FOR LEMONS. No family should be without lemons. Their uses are almost too many for enumeration. The juice of a lemon in hot water taken on awakening in the morning is an excellent liver corrective and for stout women is better than any anti-fat medicine ever invented. Glycerin and lemon juice, half and half, on a bit of absorbent cotton, is the best thing in the world with which to moisten the lips and tongue of a fever parched patient. A dash of lemon juice in plain water is an excellent tooth wash. It not only removes tartar, but sweetens the breath. A teaspoonful of the juice in a small cup of black coffee will almost certainly relieve a bilious headache.

HOUSEHOLD HELPS.

Nothing more elaborate or expensive than time and air is needed to remove kerosene oil from a carpet where it has been accidentally spilled. Wipe up all that can be removed that way. Then open the window, allow time, and Mother Nature will do the rest. For colored garments the best starch is the old fashioned flour starch. To give it the right luster and keep it from sticking just before taking from the fire drop a small piece of paraffin into it and stir until dissolved.

Bernice Allen's Wonderful Hair

IN the chorus of every musical comedy there is a dainty specimen of femininity dubbed by the profession "the littlest girl." In the new musical production, "A Skylark," which is likely to run all summer at a Broadway theater in New York city, Bernice Allen is "the littlest girl."

This small lady, a veritable pocket edition of Venus, is only four feet eleven inches high, but the most wonderful thing about Miss Allen is that she has a head of hair measuring seven inches longer than her dainty self. Women who have to purloin an odd dime here and there from their household expenses, pin money and salaries, to accumulate enough shekels to purchase swirl braids, puffs and curls for the new coiffure will certainly envy this fortunate girl her wealth of tresses. But, true to her prerogative of womanly perversity, Bernice Allen looks upon her wealth of hair as a bother and petulantly refers to her five

feet of magnificently fine and glossy brown hair as "the worry of her life."

When asked what hair tonics, lotions and revitalizers she used to promote this remarkable hirsute display Miss Allen airily remarked, "Why, like everybody else, I use hair oil."

surely did into a garment which, when unconfined, envelops the tiny chorus girl in a covering of wonderful brown nuance.

The following are Miss Allen's rules for the care of the hair:

First.—Brush your hair night and morning with a long bristle brush with ample space between.

Second.—Wash your hair not oftener than once every four weeks, using the best quality of castile soap. Dry the hair thoroughly in the old fashioned way, avoiding electric fans and heated air, both of which tend to dry up the oil ducts at the roots.

Third.—Give your hair plenty of sunshine.

Fourth.—Avoid doing your hair up tightly and never use sharply pointed hairpins.

Fifth.—When retiring arrange your hair in two loose braids.

Sixth.—Massage the scalp with the finger tips very gently for ten minutes before doing it up for the night.

